

Important!

Summer MOVE! Schedule for Weight Management Group Visits 2009 Salem

If you have questions about the MOVE! Program you can contact us at (503) 220-3482
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Thursdays	Notes
<u>June 2009</u> 6/4	What is in your food?	Nutrition	9:30am to 11:30am Conference Room	
6/11	Introduction to the Benefits of Exercise	Physical Activity	9:30am to 11:30am Conference Room	
6/18	Getting and Staying Motivated	Behavior	9:30am to 11:30am Conference Room	
<u>July 2009</u> 7/9	Strength, Balance and Flexibility	Physical Activity	9:30am to 11:30am Conference Room	
7/16	Trim the Fat	Nutrition	9:30am to 11:30am Conference Room	
7/23	Handling and Reducing Stress	Behavior	9:30am to 11:30am Conference Room	
<u>August 2009</u> 8/6	Sweets, Snacks and Hydration	Nutrition	9:30am to 11:30am Conference Room	
8/13	Wild Card???	Top Secret	9:30am to 11:30am Conference Room	
8/20	Self-Control and Impulse Control	Behavior	9:30am to 11:30am Conference Room	

Salem CBOC's Summer 2009 Schedule